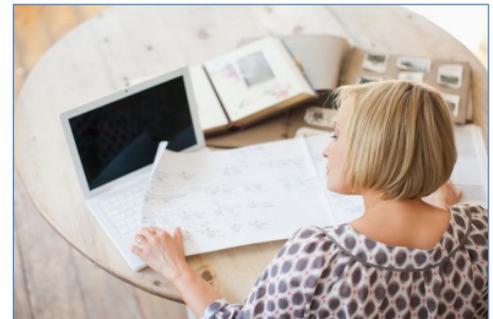


December 2018 Issue

## Make a Plan: Setting Attainable Goals for Success

With another year soon coming to a close and a new one set to begin, many people consider what they hope to achieve as they start a new year. Most of us have set a goal of one kind or another at some point in our lives. Often, we set **outcome-based goals** rather than action-oriented or process goals. For example, we might want to lose 10 pounds, get promoted, sleep better, reduce stress, save money, and so on. The potential problem with outcome goals is that we get so focused on them that any other progress or improvements get overlooked if we haven't yet achieved our desired outcome. This can be discouraging and cause us to give up.



**Process goals**, on the other hand, are specific actions that feel more manageable and make success more evident in the short term. Take weight loss as an example: Losing weight can be a slow process, so if we are only focused on the number on the scale, we may grow frustrated and quit. Instead, if we focus on increasing our exercise and improving specific nutrition habits, we can see immediate success in changing those behaviors. While our weight might not change immediately, our clothes might begin to fit differently, our confidence increases, and we feel better overall. These are victories to celebrate!

**Follow these tips to set better goals and achieve your own success:**

- **Make your goals specific, measurable and realistic.** "Exercise more" or "go to bed earlier" doesn't quite cut it. Instead, try "Walk 30 minutes on Tuesday and Thursdays at 5 p.m." or "Get ready for bed at 10 p.m. and be in bed by 10:30 p.m. on weeknights."
- **Think through possible barriers to your goals.** What might get in the way and what strategies can you employ to overcome those barriers? If once you are home, you won't have the motivation to go out and walk, pack your clothes and change so you can go right when you get home, or walk near your workplace. Set an alarm to remind yourself that it's time to get ready for bed.
- **Consider your motivation for making these changes.** Know your WHY and recall it when motivation starts to wane.
- **Find an accountability buddy.** Tell others about your goals, or better yet, find a family member or friend who has the same goals. You can motivate one another to stick with those goals.
- **Keep track of the changes you've made** by using a journal, sticker chart, calendar, or app in your phone. This practice will give you a convincing visual that you are succeeding.

# Conversations of a Lifetime: Advance Care Planning

When considering the future, there often is one subject most people prefer to avoid — the end-of-life conversation. The truth is that a medical crisis can happen to anyone, at any time. Think about what might occur if you're unable to make healthcare decisions for yourself. Would your loved one know what you want or have to guess?



Talking about these possibilities now is a gift you give to yourself and your loved ones. If you are like most people, you want your medical care to respect the way you want to live, your goals and your values. Advance Care Planning allows you to document your medical wishes so those you love know what matters most to you and provides a guide for your medical care team to follow if you become too sick to make decisions for yourself.

**Advance Directives** give instructions about future care if you are unable to participate in medical decisions due to serious illness or incapacity; they are not financial forms.

- **Living Will:** A type of Advance Directive in which your wishes about the kind of medical treatment you want are documented in the event you are unable to speak for yourself. A Living Will is NOT the same as a Last Will and Testament.
- **Medical Power of Attorney:** Names someone else to make decisions about your medical care if you cannot speak for yourself. The person you choose for this role must be 18 or older, may be a family member or friend, and should be someone you trust.

For more information about Advanced Care Planning, visit [Conversations of a Lifetime](#), sponsored [TriHealth](#) and [Hospice of Cincinnati](#).

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## Prepare to Prevent Weight Gain this Holiday Season

According to the United States Centers for Disease Control, the average American has gained about one pound each year since the mid-1990s. And, two thirds are overweight or obese. With the availability of special treats and abundant desserts, the holidays present additional temptations that can lead to packing on extra pounds.



**Try these tips to avoid holiday weight gain this season:**

1. **Socialize More:** When you're at an event, stay busy talking to your friends or stand around people who are not eating. Do gift exchanges, have fun, enjoy the holidays and give thanks.
2. **Stay Active:** It's important to maintain your exercise routine. Add half an hour of moderate exercise for the next few days if you need to burn more calories. Also, remember exercise can help relieve holiday stress.
3. **Never Arrive Hungry:** Eat a snack before you go. Eat your regular meals and do not skip breakfast. This will help you avoid overindulging at the buffet.
4. **Eat Smart:** Choose more vegetables and fruits, since they're usually lower in calories. It's ok to eat a cookie or piece of pie, but be mindful of how many treats you're eating and drinking.
5. **Drink Smart:** Alcohol is calorie-dense. Limiting alcohol will help you make healthy decisions. Be in control! Alternate alcoholic beverages with low-calorie beverages. Stay hydrated!
6. **Get Rid of Leftovers:** People often consume too many calories at events and the next day again when eating leftovers. Freeze leftovers right away. You can also have ready to go containers to give to your guests on their way home.
7. **Stay Positive:** You can do this! Tell yourself you're in control. Enjoy the season.